



Pistachio-Cherry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 5 cups cherries whole frozen thawed pitted (2 pounds or)
- ☐ 0.3 cup flour all-purpose divided
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup brown sugar light divided
- ☐ 0.3 cup oats
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoon butter unsalted melted

- ☐ 0.5 cup pistachios unsalted shelled
- ☐ 4 walnuts shelled

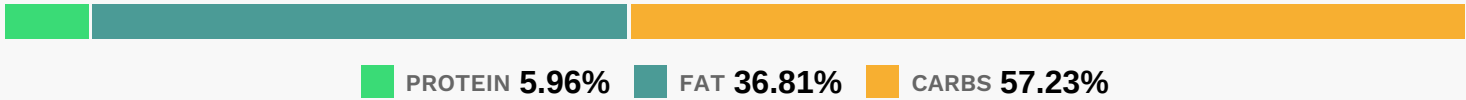
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Heat oven to 350°F. Butter a 9" pie pan. In pan, mix cherries with 1 tablespoon sugar, juice and 1 tablespoon flour. In a food processor, pulse remaining 1/2 cup sugar, remaining 1/3 cup flour, pistachios, oats, walnuts, cardamom and salt until nuts are finely chopped, 1 to 2 minutes. Stir in butter; sprinkle topping over cherries.
- ☐ Bake until juices bubble thickly and topping is browned, 25 minutes.
- ☐ Serve warm or at room temperature.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:6.31, Inflammation Score:-4, Nutrition Score:5.9178261193244%

Flavonoids

Cyanidin: 26.08mg, Cyanidin: 26.08mg, Cyanidin: 26.08mg, Cyanidin: 26.08mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.29mg, Peonidin: 1.29mg, Peonidin: 1.29mg, Peonidin: 1.29mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 239.66kcal (11.98%), Fat: 10.3g (15.85%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 32.86g (11.95%), Sugar: 25.1g (27.89%), Cholesterol: 15.05mg (5.02%), Sodium: 78.11mg (3.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Manganese: 0.38mg (18.76%), Fiber: 3.17g (12.7%), Copper: 0.2mg (9.79%), Vitamin B1: 0.14mg (9.17%), Potassium: 313.94mg (8.97%), Vitamin C: 7.02mg (8.51%), Phosphorus: 79.59mg (7.96%), Vitamin B6: 0.15mg (7.31%), Magnesium: 26.89mg (6.72%), Iron: 1.14mg (6.36%), Selenium: 3.8µg (5.42%), Vitamin A: 250.35IU (5.01%), Folate: 19.69µg (4.92%), Vitamin B2: 0.08mg (4.81%), Calcium: 36.45mg (3.64%), Vitamin K: 3.43µg (3.26%), Vitamin B3: 0.62mg (3.08%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.45mg (2.98%), Vitamin E: 0.42mg (2.78%)